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'Greenrush' blues

Medical marijuana. Health Canada faces avalanche of business applications

There's no business like grow business.

Health Canada is struggling to process a mountain of applications for licences to grow medical marijuana. The country is experiencing a new "greenrush" as firms look to grab a piece of the coming boom.

The department received 858 applications as of late last month, and new ones were coming in at an average of 25 a week.

Basement growers, well-heeled entrepreneurs with pharmacy expertise and even struggling junior mining firms are all piling on.

Health Canada radically changed the rules for medical marijuana on April 1, moving approved production from a cottage industry of thousands of loosely regulated growers to a commercially competitive sector.

Health Canada is imposing no limit on the number of sanctioned indoor farms, as long as they can pass regulatory muster.

Meanwhile, business newcomers say they're frustrated by the inability of Health Canada to process their applications in a timely manner, as their leased grow-space gathers dust and their investors become impatient.

"They're really an unfortunate bureaucracy under siege," says Umar Syed, president of Toronto-based CannMart Inc., which has been patiently waiting for a distribution licence since October.

"They're dealing with a situation they weren't prepared for."

So far, only 13 licensed suppliers have made it to the finish line.

"Before a licence is issued ... producers must demonstrate how they meet extensive personnel security checks, physical security requirements, record-keeping equipment and quality control requirement," explained Sara Lauer, a spokeswoman for Health Canada.

"The review process includes a file review followed by site inspections. The licensing process is rigorous, considering the quality standards required and the risk of diversion of cannabis to the illicit market."

THE CANADIAN PRESS

Potential market

$1.3B

Health Canada estimates medical marijuana sales will hit $1.3 billion annually by 2024.

SO YOU WANT TO BE PREMIER...

Andrea Horwath is interviewed by Metro's Jessica Smith Cross in the Metro Toronto newsroom last week. In the first of a series of one-on-one interviews with provincial party leaders, Horwath defends her hydro HST plan and tells Metro about making ends meets — for citizens and at Queen's Park. Story, page 6. DAVID VAN DYKE/METRO

NEWS WORTH SHARING.

O Canada, ya sure talk silly

A 'poutine' investigation of our nation's 'loonie' brand of English PAGE 12

Sorry I'm Late, but not for the rest

After a falling-out with Simon Cowell, Cher Lloyd says her new album isn't run by 'guys in suits' PAGE 17

Raonic and Bouchard slam into the history books

Canadians both make it to the quarter-finals of the French Open PAGE 25

Where did all your cash go?

Gail Vaz-Oxlade knows the small indulgences that are robbing you blind nickel by nickel PAGE 20

It’s Monday. If you were meant to wake up on time, Toronto wouldn’t have 47 taxi services.

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This little piggy will fill you up

#BigPigTO. Eagle-eyed diners who spot vinyl pig sticker can score food and drink deals at several city restaurants

PHOEBE HO
toronto@metronews.ca

There will be pigs scattered all across the city this summer.

For those ready to pig out, all that's needed are sharp eyes and a big appetite to be set for #BigPigTO, a new citywide pig scavenger hunt.

The food festival is being brought to the city by commercial production company Big Pig Production Co., in collaboration with Toronto Underground Market and Hogtown Brewers, to celebrate its two-year anniversary.

It's Big Pig Production's first time embarking on a project like this, but marketing manager Jennifer Boshan says it was a no-brainer.

"Big Pig was founded out of a love for our city, and so it was about connecting with other local Toronto businesses to celebrate the city in all of the delicious food they produce," she says. "It just naturally came together, and as foodies ourselves, we wanted to unite and show our love for Toronto in a cool, fun and unique way."

For now, there are 30 pig-focused restaurants taking part, including Smoque N Bones, Fancy Franks, and Hogtown Pub & Oysters.

Torontonians who spot the vinyl "Big Pig" sticker plastered somewhere on the premises and mention it when ordering will unlock food and beverage deals.

Hogtown Smoke's Scott Fraser couldn't think of a better way to celebrate their love of pigs. He claims that they also have a love for "cows, and the odd chicken," but ultimately "the pig is king — it's the boss."

There are tons of other food festivals going on all summerlong, but this one had Fraser hooked right from the get-go.

"The whole go out, find the pig ... it's kind of like the Amazing Race ... so I think it's kind of a novelty," he says. "And Toronto is a very diverse food city but also very, I want to say foodie.... (It's) very educated.

"I think you're going to have people, over a period of time, make a point to go out to all the different restaurants and that's cool. It gets people out, it gets people experiencing different parts of the city."

He's not giving away the location of his pig sticker, but those who do find it will be heavily rewarded with a pint of all-natural beer and a pound of pulled pork piled on a plate for $24.

More online

Go to bigpigco.com/bigpigto to find a list of the participating restaurants.

Nothing like a day at the beach

A picture-perfect day in Ashbridges Bay as hundreds of people headed to the beach Sunday afternoon. Toronto's beaches officially opened Sunday. DAVID COOPER/TORSTAR NEWS SERVICE

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City spending $1.4M to help fix plant that turns sewer sludge into fertilizer

'The pelletizer.' Facility at Ashbridge's Bay transforms city waste into pellets that farmers spread on their fields

Toronto is spending $1.4 million to hire a consultant to help fix a problem-plagued plant that turns the city's sewage into fertilizer pellets.

The $23-million facility at the Ashbridge's Bay sewage treatment plant burned down in 2003, was rebuilt, then returned to operation in 2007. But it has never achieved its annual rated production capacity of 25,000 tonnes of nutrient-laden pellets for farmers to spread on their fields.

And some of the excess sludge is still being trucked to Toronto's Green Lane landfill site near St. Thomas or spread directly on agricultural land.

The consultant will look at ways to ensure the plant, called a "pelletizer," can run reliably for the next 10 years.

"I can't believe we're doing an assessment," said Coun. Paula Fletcher. "We were doing assessments years ago in order to get it up and running. So we may have a lemon at Ashbridge's Bay, also known as the pelletizer."

The so-called "condition assessment study" to be completed by the end of 2015 will look at the mechanical, electrical and structural components and odour impacts of the plant.

In recent years, since Toronto Water agreed to lower the volume to 15,000 dry tonnes, the plant's reliability has improved.

"It was a recognition that the pelletizer as rebuilt after the fire simply was not going to be able to hit 25,000 on a sustained basis," said Frank Quarisa, director of wastewater treatment.

"You could do it for short periods, but the stress and strain on the facility would be excessive."

The consultants, Associated Engineering (Ont.) Ltd., will advise on upgrades to maximize the life of the plant.

"Our overarching priority is more in preserving the asset and making sure it has a long and useful life," Quarisa said.

"We don't want to be in a position where after 20 years we've run it into the ground. That's not in anybody's interest."

If it will cost big bucks to upgrade the pelletizer, the city should look at other methods such as high-pressure steam pre-treatment of sludge, a method that's been in use for about 20 years, said Karen Buck, a citizen member of the Ashbridge's Bay neighbourhood liaison committee.

"It now seems to be a pretty viable option for biosolids processing, as opposed to pelletizing," Buck said.

"There could be an opportunity to put in a new program to replace a pelletizer that they're not happy with."

TORSTAR NEWS SERVICE

Humber River

City responds to chemical spill near Albion Road

Toronto Public Works and the provincial Ministry of the Environment are investigating a chemical spill in the Humber River.

The spill, near Albion Road, was reported around 7:15 p.m. Saturday night. Chemicals stopped leaking from the sewer around 9:30 p.m., said Toronto Fire.

Reports suggest the spill was the result of a chemical solvent that may have got into the river via a storm drain near Islington Avenue. TORSTAR NEWS SERVICE

Bear necessities

Orphaned cubs find sanctuary near Parry Sound

Two bear cubs, feared to be orphans, are in the care of an animal sanctuary near Parry Sound after their mother was apparently shot and killed by a hunter.

Parry Sound resident Connie Fawcett learned this spring that there was a bear and her cubs around, but after shots were heard May 19, they vanished, and "a few days later we saw the babies wandering around without mommy."

Aspen Valley Wildlife Sanctuary spokesperson Julie Woodyer said the cubs are healthy but very shy. They are expected to stay at the sanctuary until next year.

TORSTAR NEWS SERVICE

Cyclists show some heart, raise $6 million

Cyclists make their way down the Don Valley Parkway just down from the Wynford Drive overpass as part of the Heart and Stroke Foundation's 26th annual Becel Heart and Stroke Ride for Heart Sunday morning. Riders pedalled along a traffic-free Gardiner Expressway and Don Valley Parkway, raising $6 million. DAVID COOPER/TORSTAR NEWS SERVICE

New Canada Conference. Youth called to P.E.I. to discuss future of nation

In order to celebrate Canada's past, bright young Canadian residents are going to brainstorm our country's future.

On the sesquicentennial of the 1864 Charlottetown Conference — which laid the groundwork for Canadian confederation — the New Canada Conference will be held in Charlottetown as a flagship event in P.E.I. in 2014.

Canadians and permanent residents aged 19 to 24 are invited to apply to become one of the 100 delegates who will receive a trip to Charlottetown for the duration of the conference, from Aug. 31 to Sept. 3.

There, they will participate in a brainstorming session about the future of the country with the help of some yet-to-be announced prominent Canadians, who will offer speeches and mentorship.

"The vision of confederation was first articulated in Prince Edward Island and Prince Edward Island was the birthplace of confederation," said Penny Walsh McGuire, the CEO of PEI 2014, who said she hopes to be surprised by the ideas from the young people.

The application process requires a 150-second video or 400-word essay telling the applicant's story of Canada, and two references.

The application window opened Monday and will close on July 15. More details are available at www.ncc-cnc.ca.

JESSICA SMITH CROSS/METRO

What's next for us?

The discussions of the future will be concentrated in eight different subject areas:

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- Arts and creativity
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The Prince Edward Island legislature in Charlottetown

ANDREW VAUGHAN/THE CANADIAN PRESS FILE

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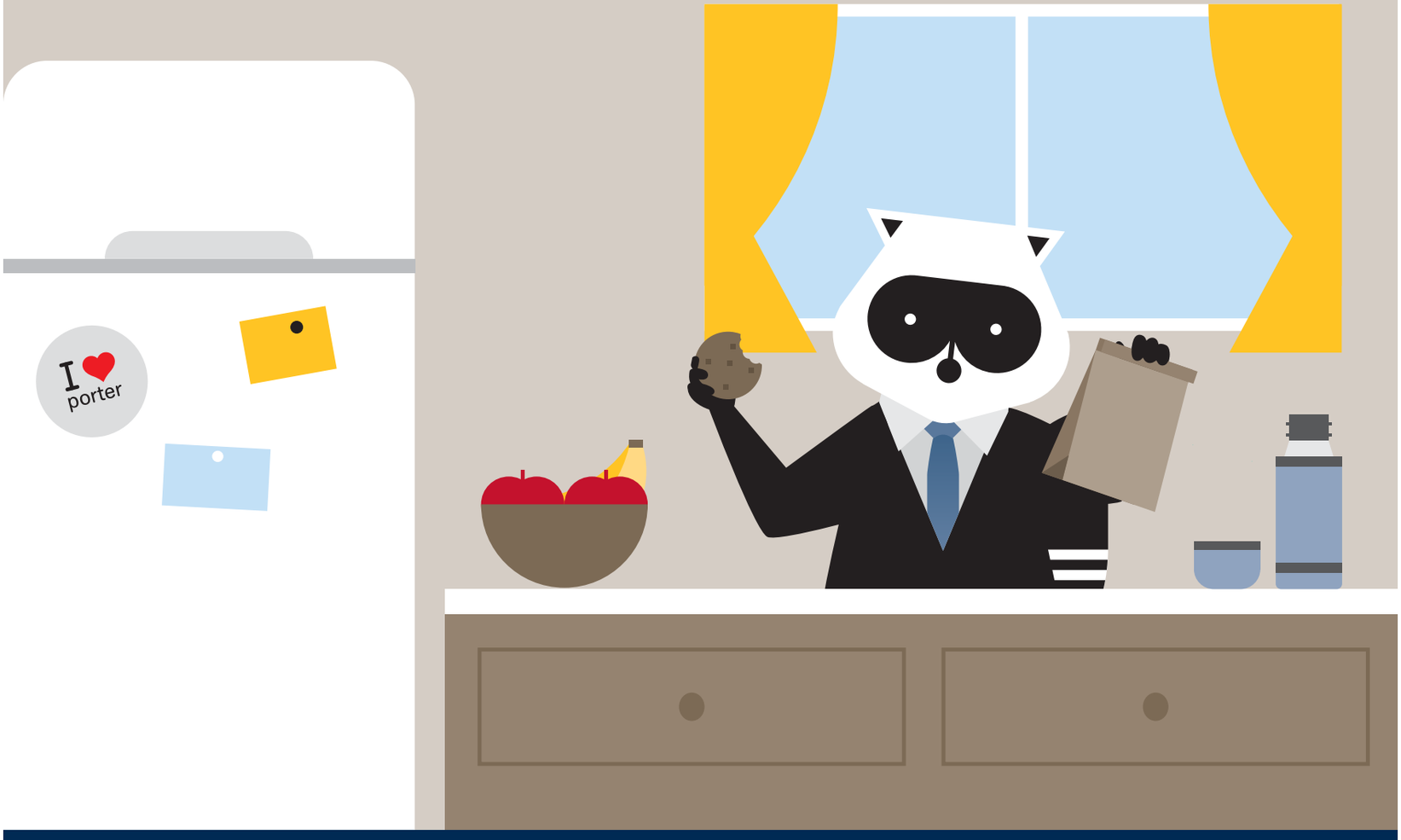

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JESSICA SMITH CROSS
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ANDREA HORWATH:

In the first in a series of Metro interviews with provincial leaders ahead of the June 12 election, Andrea Horwath talks about making ends meet: for citizens and at Queen's Park. For video highlights, go to metronews.ca.

STANDING ON THE PRAIRIE GIANT'S SHOULDERS

NDP Leader Andrea Horwath says a Sudbury woman has electric heating, a $15,000-a-year hydro bill and not enough money for a retrofit.

"I know that families need a break," she said. "They tell us all the time that they can't pay their bills and they can't afford everyday life. And I'm going to listen to those people and find solutions that make sense to them."

Horwath defended her flagship plan to take the HST off home hydro bills in an exclusive interview with Metro last week, as part of our series of one-on-one meetings with provincial party leaders.

Metro's Matt Elliott had questioned how the HST plan aligns with the NDP's progressive history in a recent column. He wrote that, because it's a percentage of the total bill, it "saves a bit of money for the low-income person in a tiny apartment without air conditioning and a lot of money for the rich family in the 6,000-square-foot house with an indoor pool and a heated driveway."

"People shouldn't be falling off their chairs in shock — no pun — when they open their hydro bills," said Horwath, in response to the column.

"I think it's not a good thing to make assumptions about how this will affect low-income people or everyday people. It's something that I've heard from lots of different people that will make a big difference in their lives and that's why we're committed to it."

In the interview, Metro asked about a letter written by a group of established NDP members who charged that Horwath had taken the party to the right in an attempt to win conservative votes. The letter specifically took issue with prioritizing paying down debt.

When asked about the letter, Horwath said NDP father of medicare Tommy Douglas also believed getting out of debt should be a priority so that more money could go into policies that help people rather than interest payments.

"I actually walk in the footsteps of the Prairie giant (Douglas), I walk in the footsteps of New Democrats like Roy Romanow, like Ed Broadbent — frankly, like Gary Doer from Manitoba who know that first and foremost we're using the public purse for the public good," said Horwath. "That's certainly a tradition that I'm proud of."

Asked about how that rationale fits the $815-million-a-year plan to take the HST off hydro bills — the most expensive new promise in her party's platform — Horwath said she remains committed to traditionally progressive policies.

"I'm going to put $100 million into stabilizing our child-care system, because parents should be able to access child-care that is affordable, that's licensed and that meets their needs," she said.

She pointed to the Liberal government raising the minimum wage to $11, tied to inflation, and Horwath said her party wants to raise it higher. She's announced she would like to see it at $12 by 2016 (although that promise was not mentioned in the party's platform documents).

"We think it makes sense to try to give people the opportunity to make ends meet, when it comes to their paid employment. At the same time, we want to make sure that the mom-and-pop businesses on Yonge Street and all the vibrant great retail districts across the GTA, across London, across Hamilton, across all of the municipalities continue to thrive. And so that means, in a small way, reducing those small business taxes so they're able to pay higher wages to their staff."

Horwath also pledged to set up a minister of Savings and Accountability tasked with finding $600,000 a year in government waste. She said an NDP government would look to reduce middle management in the civil service but couldn't say how many jobs her government would eliminate.

She also suggested taking a page from home economics and buying in bulk.

"I know so many people who are trying to make savings at the end of the month, to try to make their budget work, who buy at the Bulk Barn, for example, because it's frugal," she said.

"We should be doing that kind of thing in government.... And I certainly won't be spending $1.1 billion on gas plant cancellations. That's for darn sure."

Liberal "corruption" has been a theme of her campaign.

"You know it's interesting: From Day 1 in this campaign, Ms. Wynne has been trying to run away from the Liberal record, when in fact that's very much exactly what this campaign is all about. I will certainly not stand by and allow the Liberals to try to sweep their record of waste, their record of scandal, their record of corruption, under the carpet," she said.

Horwath wouldn't speculate on her ability to work with the Liberal party if the legislature ends up in a minority situation.

"I'm not going to presuppose where we're going to end up on June 12," she said.

"This is a very interesting time for Ontario and a very good opportunity for the people of this province to think seriously about what kind of government they don't want, and what kind of government they do want. I'm going to give them the respect of letting them make that decision before I presuppose any possible outcomes.

"What they can know for sure is that after June 12, whichever role they give me, whichever position they honour me with when the time comes, I will work diligently on their behalf."

Highlights

On corporate taxes:

"We're going to roll back some of the corporate tax (cuts) that the Liberals have implemented, so we're going to take that corporate tax rate up just by one per cent, very modest."

On tax increases for high-income earners:

"We were proud to be the first jurisdiction in North America that's even gone down that road, to put a higher income tax in place. I think because we had the courage to do that in the first budget of this minority parliament that we've just seen end, I think that provided opportunity for that kind of initiative to continue."

On the NDP's proposed caregiver tax credit:

"If you have an elderly mother or father or aunt or uncle or an adult child that you're taking care of who may have disabilities, we are going to provide a $1,275 tax credit to help defray the cost of the care that you're providing to those family members."

On electoral reform:

"It's something that we know needs to be considered here in Ontario and frankly in Canada, but the challenge is that there hasn't been a great deal of commitment to really engage Ontarians, to engage Canadians in that discussion. The last time we had a chance to do that the (Liberal) government of the day failed."

On creating an Ontario pension plan:

"We're into a federal election no matter what next year and we're going to get a sense of whether or not we're going to get national leadership on this issue in 2015 with a new prime minister. If we're not, then there's certainly plenty of time for us to look at the Ontario situation in isolation from the rest of the country. And we're prepared to do that."

On the issue of a guaranteed minimum income:

"It's not something that is part of our plan at this point, but I certainly have been paying attention to the debate and I've been listening to it with great interest."

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Indians outraged over murder of two teen girls

Uttar Pradesh. The girls were raped, killed and left hanging from a mango tree; it has caused national outrage

Three men have confessed to the gang rape and slaying of two teenage girls who were found hanging from a tree in northern India, police said Sunday, in a case that has recast a light on rampant sexual violence in the country.

Authorities continued to search for two additional suspects in last week's attack on the 14- and 15-year-old cousins in Uttar Pradesh state, police officer Atul Saxena said.

The girls, from an impoverished family with no toilets in their home in the tiny village of Katra, about 300 kilometres from Lucknow, the state capital, disappeared Tuesday night after going into fields to relieve themselves.

After the girls were found hanging from a mango tree on Wednesday, hundreds of angry villagers stayed next to the tree, demanding that police find the attackers before allowing them to remove the bodies.

Indian television stations showed footage of the villagers sitting under the girls' bodies as they swung in the wind.

Police arrested two suspects on Wednesday and another on Saturday. When questioned by police, the men admitted they had attacked the girls, Saxena said.

The suspects, who are cousins in their 20s, face murder and rape charges. Authorities also have arrested two cops and suspended two others for failing to investigate when the father of one of the teens reported them missing.

India has a long history of tolerance for sexual violence, but the attack on the girls has caused outrage across the nation. THE ASSOCIATED PRESS

Protesters in New Delhi Saturday demonstrate against the rape and murder of two teen cousins. THE ASSOCIATED PRESS

Recovery of Mt. Rainier climbers uncertain

This photo shows the Liberty Ridge Area of Mount Rainier as viewed from the Carbon Glacier on Saturday. NATIONAL PARK SERVICE /THE ASSOCIATED PRESS

Mount Rainier National Park officials said that due to dangerous conditions there are no immediate plans to recover the bodies of six climbers who likely fell thousands of feet to their deaths in the worst alpine accident on the Washington state mountain in decades.

Continuous ice and rock falls make the area too dangerous for rescuers, park spokeswoman Patti Wold said Sunday morning. The area will be checked periodically by air in the coming weeks and months, she said.

Wold added that "there's no certainty that recovery is possible given the location."

Park officials believe the group fell 1,000 metres from their last known whereabouts of 3,900 metres on Liberty Ridge.

"It's inconceivable that anyone survived that" fall, Wold said. Officials have not released the names of those who died.

A helicopter crew on Saturday spotted camping and climbing gear in the avalanche-prone area. Air and ground searches were suspended late Saturday afternoon.

The group was on a five-day climb of the Liberty Ridge route, one of the more technical and advanced routes, and were scheduled to reach the summit of Mount Rainier on Thursday, with a day to climb down.

The missing group includes four clients of Seattle-based Alpine Ascents International and two guides.

When they did not return on Friday, the climbing company notified park officials. THE ASSOCIATED PRESS

Lewis Katz. Media and sports mogul dead

Philadelphia Inquirer co-owner Lewis Katz was killed along with six other people in a fiery plane crash in Massachusetts, just days after reaching a deal that many hoped would end months of infighting at the newspaper and restore it to its former glory.

His son, Drew, and a business partner confirmed Katz's death in a crash of a Gulfstream IV private jet, which went down on takeoff from Hanscom Field outside Boston on its way to Atlantic City, N.J., on Saturday night. There were no survivors.

On Tuesday, Katz and Harold H.F. Gerry Lenfest struck a deal to gain full control of the Inquirer as well as the Philadelphia Daily News and Philly.com by buying out their co-owners for $88 million — an agreement that ended a very public feud over the Inquirer's business and journalism direction. Lenfest said Sunday that the deal will be delayed but will proceed.

Katz and Anne Leeds, a retired preschool teacher who was Katz's next-door neighbour and who also died in the crash, were among the 200 or so guests at the Concord, Mass., home of author Doris Kearns Goodwin on Saturday afternoon, her representative said. The event was to support an education initiative for Goodwin's son Michael. Afterward, the author joined Katz, her friend of nearly 20 years, and others at dinner, where they talked about their shared interests, Goodwin said.

"The last thing he said to me upon leaving for the plane was that most of all what we shared was our love and pride for our children," Goodwin said.

Katz once owned the NBA's New Jersey Nets and the NHL's New Jersey Devils. He made his fortune investing in the Kinney Parking empire. THE ASSOCIATED PRESS

Israel

Netanyahu urges Palestinian unity gov't be shunned

Israel's prime minister on Sunday urged the world to shun the emerging Palestinian unity government due to its ties to the Hamas militant group, rejecting Palestinian pledges that it will be a government of technocrats that will accept peace agreements with Israel and eschew violence.

The comments by Benjamin Netanyahu set the stage for what is likely to be a tough battle for international opinion.

While Israel has made clear it will reject the new government, the reactions of the EU and the U.S. will be critical. THE ASSOCIATED PRESS

Cambodia

Seven die in a well while trying to retrieve 75 cents

Seven people died from a lack of oxygen after climbing down a well in Cambodia to retrieve about 75 cents, police and relatives said Sunday.

The incident happened late Saturday in the northwestern province of Siem Reap when an 11-year-old boy and six other people went into the well to collect 3,000 riel (75 cents).

The boy's older sister, Che Chhan, said their father had accidentally dropped the money.

She said her 13-year-old sister and 15-year-old brother also died, and four neighbours. THE ASSOCIATED PRESS

Cameroon

Nun and two priests freed after abduction

A Canadian nun and two Italian priests have been freed two months after they were abducted by armed groups in northern Cameroon, authorities said Sunday.

Gilberte Bussiere, a 74-year-old originally from Asbestos, Que., was kidnapped on April 5 along with Gianantonio Allegri and Giampaolo Marta.

All three had been working as missionaries. Bussiere's cousin, Michel Belanger, who still lives in Asbestos, said the family felt relief after weeks of worry.

"We were almost expecting the worst," he said. THE CANADIAN PRESS

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'The Miracle Baby' happy and healthy three months later

Stillborn. Though she didn't breathe for nearly 30 minutes, mother says Mireya's development appears normal

RUTH DAVENPORT
Metro in Halifax

Mireya, left, gets a kiss from her sister Trayah, age 2, on Sunday.
JEFF HARPER/METRO IN HALIFAX

Three months after her tumultuous birth, death and re-birth, the little girl known as "The Miracle Baby" appears to be a healthy, bouncing three-month-old.

"Everybody asks, is there any health issues?" said mother Robin Cyr, dandling Mireya on her knee outside her Barrington Street home in Halifax Sunday afternoon. "But knock on wood, she's doing everything on time. She holds her head up, she turns to your voice, she smiles."

Mireya was apparently stillborn after a long and difficult delivery in March — but after 28 minutes without breathing, and after being declared dead, the baby spontaneously began breathing again.

Cyr said doctors at the hospital have never been able to explain the stunning turn, but she and her family have all the explanation they need.

"It's a miracle, and God is doing his work," said Pearleen Shephard, Cyr's aunt, who was in the delivery room offering "deep and strong" prayers for the baby's well-being.

The baby has progressed well and normally since coming home, adored by her older brother and sister, and doted on by friends and relatives.

"She gets a lot of attention," said Shephard. "A baby does demand a lot of attention, she's just getting some extra special attention."

Mireya's story attracted attention from far outside of Halifax, making headlines across New York and in Europe. Local churches have reached out to Cyr, asking her to join or come speak to the congregation.

Relief begets anger

No explanation from IWK Health Centre in Halifax, where baby was born.

- Robin Cyr said she's angry that her request for a caesarean delivery — knowing the baby was unusually large, and would present complications — wasn't accommodated.
- Cyr's relatives said the delivery was torturous, and to this day say the video of the birth is "too traumatizing" for Cyr to see.

London. Shock fading as city copes with discovery of neglected, confined boy

The southeast London neighbourhood where police were shocked to find a 10-year-old boy locked in an upstairs bedroom for as long as two years has returned to some sort of normalcy.

Those living near the house at 2421 Asima Dr. were horrified after news broke Friday about the boy.

London police reported they had gone to the house Thursday with Children's Aid Society staff to check on the welfare of the boy after receiving a tip from the public about a child being left alone late at night.

Finding the home unoccupied, they gained entry and found the boy locked inside a filthy bedroom. London police Insp. Kevin Heslop said fast food, feces and urine were everywhere in the room, including on the bed.

The boy's aunt and uncle, who haven't been publicly identified to protect the child, have been arrested and charged with failing to provide the necessaries of life and forcible confinement.

Police said the couple's daughter had been living a normal life, which included going to school, something the boy was denied.

SCOTT TAYLOR/METRO IN LONDON

Winnipeg

Frozen pipes for many despite heat

The air conditioners are whirring in Winnipeg with temperatures recently soaring above 30 C, but below the ground it's a different story.

Hundreds of residents still have frozen water pipes.

Other cities in Canada and the U.S. grappled with frozen water pipes during an exceptionally cold winter, but Winnipeg's problem has dragged on the longest.

The city says there are still around 400 properties that have frozen pipes and many of them are relying on neighbours for water.

THE CANADIAN PRESS

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These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately $14,130 in interest. Alternatively, assuming the same mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of $500 and increase your regular payments by just $20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately $18,923 in interest.

More online at metronews.ca

- **Is your speech more American or British?** A defining facet of Canadian English is the tension between American and British dialects. Take a quiz to find out whether you sound more like a Brit or a Yankee.
- **Listen up, hosers!** Listen to Dr. Charles Boberg as he wraps his tongue around Canadian English and describes some regional differences in pronunciation.
- **Canadian English from coast to coast.** Help Metro chart regional differences in Canadian English by taking a short survey. The results will be featured in an upcoming story.

Canadian English: From eh to zed

Bunnyhug, chesterfield and toque. Little is more tied to Canadian identity than the words we use

LUKE SIMCOE
Metro Online

The term "Canadian English" was simultaneously coined and denounced by Rev. A. Constable Geikie in 1857. Geikie, a Scot, stood before an audience of scientists, architects and engineers at the Royal Canadian Institute and declared our nascent tongue "a corrupt dialect."

Geikie may have dismissed Canadian English, but Charles Boberg, a linguistics professor at McGill University, has made a career of studying it. While many of his colleagues treat language like a science — analyzing its very structure and debating the definition of phonemes and allophones — Boberg's research explores the nexus of language and culture.

"Linguists have a tendency to concentrate on the internal linguistic aspects of language, but it's easy to forget that languages are very much shaped by non-linguistic things," he says. "Take Canadian English, for example. The very existence of Canadian English is due in major part to three of the most important events in the history of the world."

The story of Geikie's corrupt dialect begins with the British victory over France in the Seven Years' War in 1763, ensuring English, not French, would be the dominant tongue of North America. Then, some two decades later, the American Revolution drove 40,000 British loyalists north into Canada.

"It was a huge influx of English speakers into an area that was still mostly francophone," Boberg said. "It meant the beginning of a significant English-speaking population in Canada and led directly to the creation of Ontario and New Brunswick."

The final event that established Canadian English as a separate dialect was the Industrial Revolution. Early automation, particularly in agriculture, created a vast surplus population in Britain and sparked another wave of English emigration to the New World.

Since then, Boberg believes the "Canadian-isms" in our language — from "eh" to "zed" — have become part of our national character, something that sets us apart from both our colonial past and the cultural behemoth south of the border.

The Canadian shift

"As we try to carve out a Canadian space in that cultural landscape, we are faced with this issue of identity," said Boberg. "And while other markers get washed away in a sea of global popular culture, language is one of the things that still remains as a solid signal of identity. Canadians can identify each other and be identified as Canadians by others by how they speak."

Languages seldom stop evolving, and Canadian English has continued to morph and change into the 21st century. The term "Canadian shift" was coined in 1995 to describe a subtle change in how we pronounce some vowels: "milk" starts to sound like "melk," "pit" like "pet," "pat" like "pot."

Similar to the shift is "Canadian raising," the phenomenon that gives rise to our stereotypical pronunciation of "oot" and "aboot." But, unlike the U.S., where marked differences in regional speech persist, the trajectory of Canadian English has been one of homogenization. With a few exceptions — Newfoundland and Quebec, mostly — Canadians pretty much sound the same.

"We've seen the consolidation of Canadian English as a national language spoken coast to coast," Boberg said. "There's 3,000 miles between Vancouver and Ottawa, yet if you put someone from Vancouver and someone from Ottawa in the same room, they'd have difficulty telling where the other was from."

Instead, the central tension in Canadian English is a linguistic tug of war between the British and American tongues. At the risk of oversimplification, we spell like Brits but speak like Yanks.

According to Boberg, the standardization of Canadian English — and its increasing commonality with its American cousin — reflects a much broader trend. Factors like increased mobility, greater access to education and the technological reach of the Internet are eroding distinctions between dialects the world over.

"They've basically put an end to the kind of isolation that fostered unique local dialects," he said. "Changes are still going on all the time, but those changes now have the ability to diffuse almost immediately into the entire English-speaking community in a matter of months."

That could have a profound effect on Canadian English, particularly when coupled with demographic changes and increased immigration. As a result, Boberg believes future Canadian English speakers could sound even more like Americans.

"With the turn away from the British heritage that was so dominant ... we have an open door for American interventions to come in," he said. "And new arrivals have the capacity to change the linguistic landscape as well, as they likely have little or no attachment to British English."

That's bad news for Geikie. "If Geikie was alive today, he'd be even more outraged."

Stereotypes

Do we really say 'eh'?

Dr. Charles Boberg says many of the stereotypes about Canadian English are "outdated" at best, and "exaggerated" at worst. In the case of the infamous "eh," recent studies show few Canadians employ the phrase except for some older Ontarians. In fact, younger Canadians, particularly those in urban areas, are more likely to end their sentences with "right."

As for the oft-satirized Canadian pronunciation of about as "a-boot," Boberg says the actual sound is closer to "a-boat." A few actual Canadian-isms:

- Washroom: Used almost exclusively in Canada, this is the general term for "toilet" in Britain, and a "restroom" in the United States.
- Chesterfield: Although its usage is on the decline, this is an elaborate Canadian word for couch.
- Pencil crayon: Elsewhere in the world, these are called coloured pencils.
- Bunnyhug: Used mainly in Saskatchewan to refer to a hooded sweater.
- Drop the gloves: As most Canadians can tell you, this slang term for starting a fight is derived from hockey.

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Alberta. Desmond Tutu says oilsands are 'filth' driven by 'greed'

A brief helicopter tour of the oilsands Saturday wasn't enough to shake Archbishop Desmond Tutu's conviction that the industry is doing massive harm to both the climate and the environment.

"It is important that we do something about the horrendous effects and impacts on the only world we have," he said after the brief Suncor-sponsored flight that took him over part of the company's operations.

Earlier that day, Tutu's judgment of Alberta's oilsands had been harsh.

"The fact that this filth is being created now, when the link between carbon emissions and global warming is so obvious, reflects negligence and greed," Tutu told more than 200 rapt attendees at a conference on oilsands development and treaty rights in Fort McMurray.

"Oilsands development not only devastates our shared climate, it is also stripping away the rights of First Nations and affected communities to protect their children, land and water from being poisoned."

THE CANADIAN PRESS

Chief Allan Adam

Chief Allan Adam of the Athabasca Chipewyan First Nation, co-sponsor of the conference, responded cautiously to Archbishop Desmond Tutu's uncompromising remarks.

- "People have their own opinion," said Adam, whose band does about $270 million worth of business with oilsands companies a year. "It is filthy, it is gut-wrenching to see the mass displacement of land to get at the resource ... (but) we're not anti-development. We want to do this right and there is an avenue to do this right."

'Red card for FIFA!'

Demonstrators hold up a poster that reads in Portuguese "Red card for FIFA!" as they protest the money spent on the World Cup outside the National Stadium in Brasilia, Brazil, on Friday. Brazilians are angry at the billions spent to host the international soccer tournament, much of it on 12 ornate football stadiums, one-third of which critics say will see little use after the big event.

ERALDO PERES/THE ASSOCIATED PRESS

Just the (fund and MER) facts, please

HOW TO ROLL
Alison Griffiths
metronews.ca

Not long ago mutual fund investors were treated in the same way as patients in the medical system of old. "We'll tell you what we think you need to know when we think you need to know it."

Cost, performance and risk, three essential ingredients of investing, could be ignored completely when advisers sold mutual funds to clients. Fund Facts, an initiative of the Canadian Securities Regulators (CSA), is a fairly easy-to-read document that mutual fund providers must post on their website.

Fund Facts offers basic information such as the fund's Top 10 investments, the risk rating as judged by the fund provider, annual performance as well as average annual returns and the cost of the fund.

The cost or fund expenses (called the Management Expense Ratio or MER), are detailed as an annual charge — 2.12 per cent, for example. They are also expressed in dollar terms. For example, the expenses of Canadian Equity Fund XYZ will cost you $21.20 for every $1,000 invested.

However, some firms don't make it clear that the expenses are levied annually for as long as you own the fund. After looking through Fund Facts documents of various mutual funds, I noticed that an investor could easily assume that the expense is a one-time charge.

Also, missing from the document are comparative figures. An annual return of seven per cent tells you absolutely nothing without the average return for similar funds or the category. If the category average is 10 per cent then your fund is an underperformer.

Still, Fund Facts has been a step in the right direction. The next step will be an even better one. The CSA is proposing that the document be given to investors at point of sale. That means an adviser will have to produce it before you buy units of a fund.

Until the new regulation is in force, ask for the Fund Facts document before you invest. Also, insist on the category average expenses (or the MER of similar funds) and also the category average returns.

If your adviser balks, find another one.

Capital gains

Stock market plunges in Egypt on news of new tax

Egypt's stock market witnessed a sharp plunge Sunday that forced a temporary suspension of trading after reports of a newly proposed government tax on capital gains that experts said was hardly explained to investors.

Stock market profits are currently tax-free.

THE ASSOCIATED PRESS

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GETTING SERIOUS ABOUT STREETCARS

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

There's been lots of focus on subway trains and highways during these early stages of Toronto's mayoral campaign. We've even heard a bit about bus service.

But there's not been a whole lot said about Toronto's iconic, venerable, love-'em-or-hate-'em streetcars.

That's a shame, because any real plan to address gridlock in this city really has to include a strategy to improve streetcar service. More than 250,000 people ride Toronto's on-street rails every weekday — a daily ridership greater than all of GO Transit.

But plans to improve the reliability and speed of streetcar service often get derailed. Last week, a move by TTC staff to improve service by eliminating some stops along streetcar routes — mostly those located very close to other stops — got twisted into a mini-controversy when some city councillors objected to elimination of stops in their wards.

They cited a range of concerns: everything from accessibility to access to tourist spots to concerns that eliminating some stops would make other stops too crowded.

Some of those concerns were reasonable, but the whole process stands as a frustrating example of something way too common in Toronto. There seems to be a collective civic timidity that comes whenever this city considers change. We too often end up sticking with status quos that nobody really likes.

With streetcars, the number of riders who rely on them every day should mean more willingness to make big changes to help streetcars work better.

So if TTC staff think eliminating some stops will help, then let's stop arguing and just try it. Pick a streetcar route and operate it on a very limited-stop service for a month or two. Collect headway information and passenger feedback on the change — and release it all publicly.

Let us have the debate based on real information. There's no substitute for good data.

But streetcar improvements shouldn't be limited to stop spacing. Toronto also needs to take a hard look at the other factors causing streetcar delays.

That means addressing things like whether it makes sense to remove some parking on streetcar routes. It means getting tough on delivery vehicles that block transit vehicles. It means finally acknowledging that taxi stands should not be located along busy transit corridors.

It may even mean looking at closing major routes like King to car traffic, giving transit the complete right-of-way.

That probably sounds like a terrifying idea to some drivers, especially the ones who frequently complain that they find themselves stuck behind slow-moving streetcars. But that's entirely the wrong way to look at it. Drivers aren't stuck behind streetcars — they're stuck behind 250,000 riders just trying to get somewhere.

We'll all benefit if we get serious about moving those riders more quickly.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

What a skull-ful work!

Illusion body art

Skull art created with body paint

The artwork by North Carolina-based artist Cheryl Lipstreu is composed of seven nude women who have each been covered in sparkling white body paint and brightly coloured shapes and patterns. MWN

Artist's viewpoint

"I really enjoyed it because it was like a modern take on a famous inspirational work by Salvador Dali. I love the Day of the Dead and find it really fascinating."

Cheryl Lipstreu, body artist based in Winston-Salem, N.C.

By the numbers

4

hours is how long it took Lipstreu to paint the models.

This may look like an ornate Mexican sugar skull, but a closer inspection reveals it is actually made up of cleverly painted people.

RENE RODRIGUEZ/BOURNEMOUTH N/REX

Meaning behind the work

Deathly message

For artwork photographer Rene Rodriguez, a health scare in 2004 made him cherish this Mexican tradition.

"The iconography of the sugar skull and the meaning behind the Day of the Dead really touched me," he said. "Having thought about my own mortality and death, it spoke to me on a primal level and I became addicted to looking at these visuals." MWN

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Worth mentioning. Woolly World Cup warriors not so baaad

To celebrate the country's return to the World Cup after a 16-year absence, artisans in the high Andean town of Nobsa put on what they billed as the first soccer match played by sheep Sunday.

On one side, dressed in specially made yellow jerseys and red shorts for Colombia's national colours, were 10 four-legged players each named in honour of one of the country's top soccer talents. Their rivals represented powerhouse Brazil, which hosts the month-long tournament beginning June 12.

Some 500 beer-soused spectators cheered on the farmyard footballers, who were trained for two weeks to recognize and kick a foam soccer ball through a rustic goalpost made of wooden logs.

The hard work was little in evidence, though. Sheep are highly social animals, seeking safety from predators in large herds, and their shepherd handlers had to keep pulling on ropes tied to the animals' necks to keep the bleating players scattered and moving so they wouldn't end up munching lazily on what grass remained on the improvised pitch.

The final result was a 4-3 victory for Colombia, thanks to a goal in the final 50th minute by the mutton midfielder "James Rodriguez," whose two-footed namesake plays for French club Monaco. THE ASSOCIATED PRESS

'A global symbol'

The publicity stunt was part of International Ruana Day, which every year honours local artisans who for centuries have been hand-spinning the poncho-like woolen wraps that are ideally suited to the region's wet, mountainous climate more than 8,000 feet above sea level.

- "The ruana is a global symbol, so it's only natural that the sheep deserve to be honoured," said Ramiro Barragan, Nobsa's mayor.

metro

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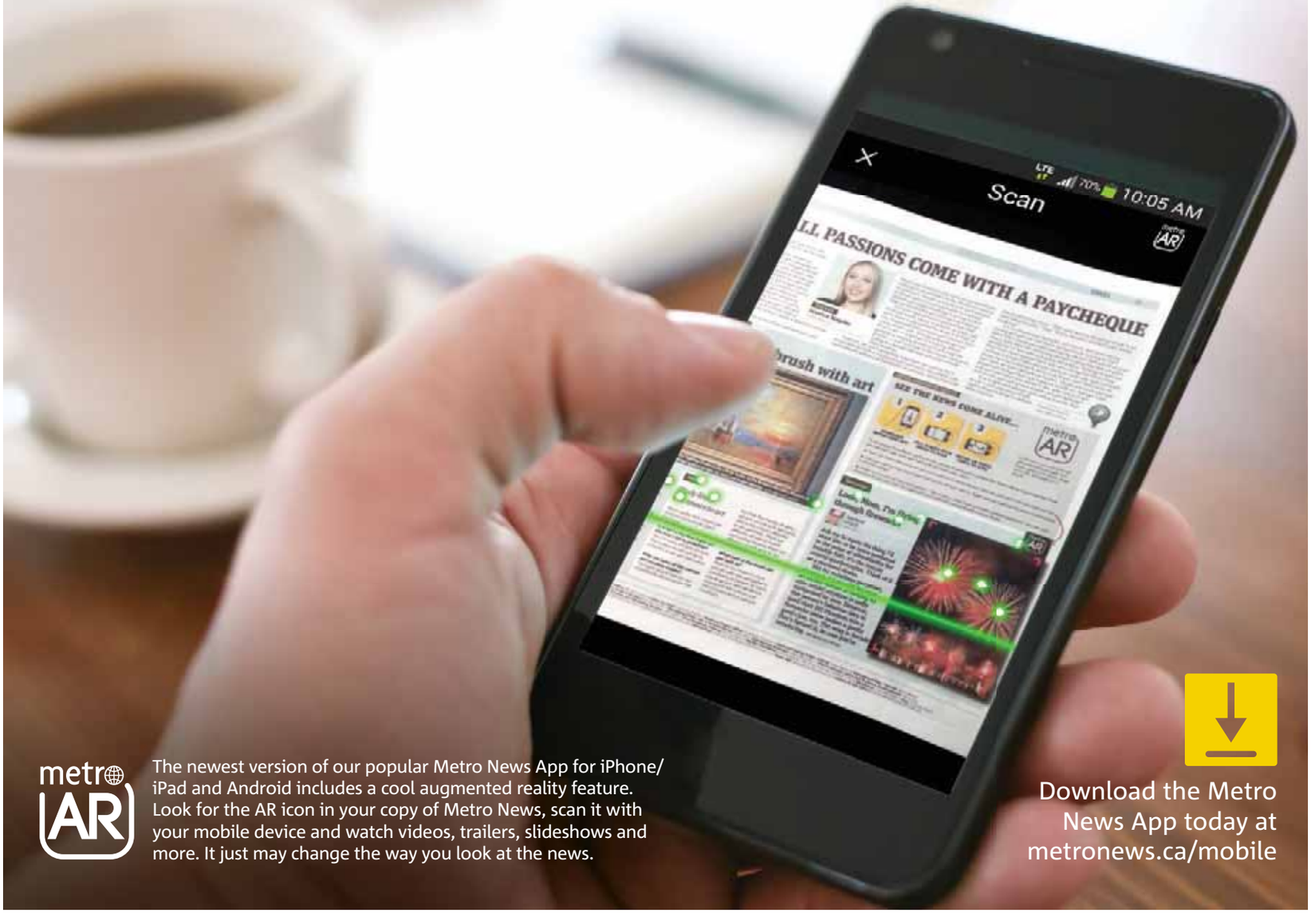

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Ebooks

Beowulf: A translation and commentary

By. J. R. R. Tolkien

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
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scene@metronews.ca

It's the oldest surviving story in the English language — an epic poem of trolls, dragons, and heroes. Published for the first time, Tolkien's scholarly translation makes it easier to understand while his illustrations and variations make it more enjoyable, too. It's a demanding read-though, meant more for literary students than casual fantasy fans, and enhanced for study with ebook hyperlink references.

Box office

Maleficent casts spell on audiences

Disney's Maleficent debuted with $70 million at the box office. Featuring Angelina Jolie's first live-action starring performance in years, Maleficent beat forecasts to easily top all films over the weekend.

THE ASSOCIATED PRESS

Cher Lloyd wants to apologize for being late

Comeback kid. After a feud with Simon Cowell and an almost-hit in 2012, Brit singer is set to release sophomore effort

PAT HEALY
Metro World News in Boston

Two years ago, Cher Lloyd released a single that was a definite contender for Song of the Summer called Want U Back. Don't remember it? That's OK.

It was 2012, the summer of Call Me Maybe, Somebody That I Used to Know and Starships.

Lloyd, who first came to prominence in her homeland in 2010 after making it to the top four in the British version of The X Factor, has had an eventful few years.

After releasing her debut, Sticks & Stones on Simon Cowell's label, she had a falling out with the entertainment mogul, with whom she disagreed about her musical direction. It has been so long since the world has heard a full-length album from her, Lloyd decided to title her brand-new release, Sorry I'm Late.

"In one sense, I'm glad that we have waited, because I feel so good about everything right now," says the singer in her chipper British accent. (She will turn 21 next month, by the way.)

"The main thing for me is that I have grown as a person," she continues.

"Before, it was all similar sounds, and very pop and very young as well, and now I feel like I'm at the point where I'm able to express myself in a completely different way."

The recent video for her Sirens single is definitely a different way of expressing herself.

It features a tearful Lloyd singing in the kitchen as the DEA barges in and arrests the bad boys who are involved in some nondescript illegal narcotic activity in her dining room.

Cher Lloyd's new album is aptly titled Sorry I'm Late. GETTY IMAGES

Lyrical analysis

- **A butt and a rack.** Lloyd's single I Wish, which came out last fall, features T.I. and functioned as a bridge of sorts to prepare fans for her new material. There's a line in the song that we couldn't help but ask her about: "I wish I woke up with a butt and a rack." "Doesn't every young girl wish for that? ... Of course they do," she says. "That song for me was basically me revealing myself and saying I do wish for the things that I can't have, and I think that's relatable."

"It's not necessarily bubblegum pop," says the singer about the new material. When talking further about the different sound, Lloyd says she credits the change to her increased involvement in making Sorry I'm Late.

"Every song on this album was picked by me, not by guys in suits," she says.

When we ask Lloyd if her song, "M.F.P.O.T.Y." (it stands for Mother F—ing Party Of The Year) is a contender for this year's Song of the Summer, she is humble.

"I'm not sure," she says. "I'm the type of artist that lets something go and do its own thing because I know my fans are really passionate. And it will possibly be their song for the summer."

A tale of male ego gone horribly wrong

Sharlto Copley. CONTRIBUTED

NED EHRBAR
Metro World News in Hollywood

South African actor Sharlto Copley has put a lot of thought into the decisions his character, Stefan, makes in Maleficent, betraying the title fairy (played by Angelina Jolie) and setting her on a path of revenge. And those thoughts quickly became a lot of thinking about society, gender roles and the male ego.

Stefan is pretty much the villain in this story, but you can't really oversimplify him as such, can you?
I don't like playing villains. I'm not an actor who enjoys it more. But in this case, I felt like this was an opportunity in a very female-centred film to play the kind of cautionary tale for men of what can happen to that male ego, the male desire and ambition for power. It's a very stereotypically male trait. And when that runs away with itself and is left unchecked, what happens then? How many stories can I tell you of very successful men who destroyed their families — they traded in their wives for younger versions as soon as they were successful, they didn't spend time with their kids. That's what King Stefan is in an extreme version. I'm guessing there's very few billionaires who were faithful to their wives. I'd be fascinated to see the stat on that.

I was joking to a friend that the film could be seen from Stefan's perspective as a cautionary tale about crazy ex-girlfriends.
It is definitely also a cautionary tale about crazy ex-girlfriends, I could see that working. "Sorry, this is really awkward." That's great.

Billboard charts #trending140 music

Tracking the tweet sounds of success. Twitter users can help their fave songs and artists climb the charts — at least for a few minutes at a time

At approximately 2:30 p.m. ET on Sunday afternoon, Nicki Minaj's Pills N Potions topped the Trending 140 chart. Half an hour later, the song had been knocked off its pedestal to land at No. 2. GETTY IMAGES FILE

For music fans who remember a time when the "web" was nothing more than half the title of a book about a magical spider, the charts were much more than just a scorecard of popularity. They implicitly validated — or challenged — the legitimacy of your own taste.

They meant, as writer/Saint Etienne founder Bob Stanley has put it, "competition, excitement in league-table form, pop music as sport."

"The charts dictated what you heard on the radio, what you saw on TV, how high your heroes' stock had risen."

Which brings us to the launch of the perfect iteration for the post-Charlotte's Web era: Billboard's real-time Twitter music chart.

Two charts, actually: The Trending 140 (named after, of course, the maximum number of characters in a tweet) and Emerging Artists.

Designed to track the minute-by-minute ups and downs of the most shared songs on Twitter (only, for now, in the U.S.), the charts have, as with most new things, already inspired their share of derision.

"How long until an artist is pitched as 'Number 1 (for two hours on Sunday afternoon)'?" said Pitchfork music critic Eric Harvey on (what else?) Twitter.

"Are record companies going to start handing out plaques based on you spent seven minutes on the chart on May 27?" says Billboard president John Amato. "No, but I don't think that was our goal. For record companies, we want them to use this as promotion, and for fans we want this to be a game as well as a discovery engine. For artists, we want them to be able to spark real conversations with their fans ...

"We want something people can engage with more frequently."

That jacked-up frequency cuts both ways. On the one hand, "Nothing is cooler than tweeting for your favourite artist, then seeing that artist go from 12 to 2" on the chart, Amato says. "You actually have a cause and effect."

On the other, the ludicrously transitory nature of a Twitter trend seems antithetical to the very concept of a chart. Historically, it's always been a snapshot. Now it's a video being made by an audience of thousands, if not millions, each shooting a different scene.

So what comes next? Will the data behind the new, ever-shifting Twitter charts ultimately be incorporated into Billboard's main album and singles charts?

Yes, says Amato, adding "Now, what that means, we don't know. But our job is to quantify music and legitimate fan-intended consumption of music....Because we want to be an authentic representation of what's going on right now."

It's all a long way from the charts as "perfect time capsules," as Stanley memorializes them in his memoir/history Yeah Yeah Yeah. Back then, they could "cover all pop genres with no favouring the hip or the entitled, the homebodies or the voyagers."

"Pop is a decades-long love affair."

We'll see if it will flourish from hour to hour.

TORSTAR NEWS SERVICE

Twitter for measure

> **"Are record companies going to start handing out plaques based on you spent seven minutes on the chart on May 27? No, but I don't think that was our goal."**
> Billboard president John Amato

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Jack White. GETTY IMAGES FILE

Beat the band. White sorry for off-Black Keys remarks

Jack White has issued a written apology to The Black Keys, his former bandmate Meg White and others over comments he made in a recent Rolling Stone magazine interview.

Last year, his personal opinions about The Black Keys were revealed when his ex-wife included a message from him in their divorce case. He was asked again about the band during the recent interview and told Rolling Stone he felt The Black Keys were capitalizing on a sound he helped make popular.

White explains in a letter dated Saturday on his website that he thought it would have seemed petty if he had declined to discuss the issue with the magazine.

In his letter, he spoke positively of the Black Keys, who are also based in Nashville and got their start as a bluesy two piece like White's own White Stripes.

THE ASSOCIATED PRESS

Under false colours

Censored poster spills Bean as spy in new TV Legends

Sean Bean in the new TV show Legends. AFP

Legends, produced by Howard Gordon, the man behind Homeland, has revealed new poster art in the form of a censored memo. After playing Lord Eddard Stark in Games of Thrones, Sean Bean will take the role of Martin Odum, a CIA agent working under false identities. A true chameleon, he is capable of changing his personality for each of his missions, but he will begin to ask questions about his true identity. Gordon turned to the 2005 novel for inspiration. Legends: A Novel of Dissimulation by Robert Littell. In the U.S., the TV show will premiere on Aug. 13 on TNT. AFP

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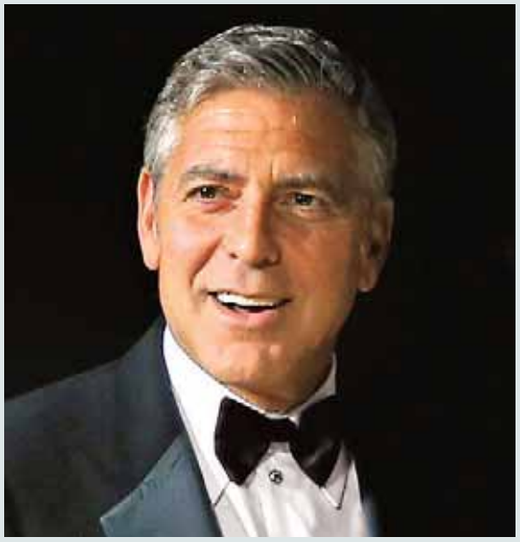

A castle fit for the wedding of King George?

STARGAZING
Malene Arpe
scene@metronews.ca

George Clooney and fiancée Amal Alamuddin visit Highclere Castle, the location for Downton Abbey, starting rumours they may get married there. Meanwhile Kim and Kanye stay at Ireland's Castle Oliver during their honeymoon. Not to be outdone, Mila Kunis and Ashton Kunis immediately request private tours of White Castle, Wolfenstein Castle and the set of Castle.

Madonna fails to report for jury duty in New York. She already judges people every single moment of every day, so maybe you could just leave her alone.

Johnny Depp's fiancée, Amber Heard, says friends often warn her lovers about her "trailer park" attitude. It's all right. Johnny Depp's friends often warn his lovers about the "moth-eaten hat, the dirty fingernails and the estimated net worth of $350 million."

Diane Keaton says she wants to kiss Robert Redford, David Beckham, Clint Eastwood, Adam Levine, Will Ferrell, Bradley Cooper, Ryan Gosling and Louis C.K. That's a really weird, kinda eww-y list. Who in the world would want to kiss Adam Levine?

Frozen is now the fifth-highest-grossing movie of all time. But that's not all. It's now the fourth-highest performer when it comes to driving parents crazy, preceded only by Walmart tantrums, answering a question with another question and Emma Thompson saying, "You can't be a great mum and keep working all the time."

Michael C. Hall admits he doesn't know if he even watched the finale of Dexter. Experts reckon that as Michael doesn't have a persistent urge to punch his television whenever the word "lumberjack" is mentioned, he didn't.

This week in apologies: 1) It's not true that the matter of Chrissie Teigen and Kris Jenner both wearing a $9,000 Alexander McQueen jacket during the Kimye wedding celebrations was resolved "by spider fighting." 2) There is no proven correlation between Nikki Reed filing for divorce and dying her hair blond. 3) When we wrote that Carrie Fisher was "fighting for the buns" in reprising Princess Leia in Star Wars VII, we didn't know she was talking about her hair. We sincerely apologize to Cinnabon for the unkind words.

Pitt prankster faces probation, therapy

Ukrainian prankster Vitalii Sediuk may have crashed his last red carpet. The TV reporter pleaded no contest to battery charges in L.A. Friday following his accosting of Brad Pitt at the Maleficent premiere, resulting in a sentence of three years' probation and 12 months of therapy as well as a restraining order to keep him away from Pitt, Angelina Jolie and their family. Sediuk also made headlines last month for sticking his head up America Ferrera's dress at Cannes.

Vitalii Sediuk

London calling to Lindsay Lohan

She's London's problem now.

Perennially troubled starlet Lindsay Lohan is apparently looking to make her recent trip to the U.K. more of a permanent one by snagging a place to live and ditching her current home in New York City, according to a report by the Sun.

"Lindsay's really enjoying being in the U.K. and has told her pals that she's staying here for good," a source says, adding that Lohan has also apparently been boasting to friends that a move across the pond could get her stalled career back on track.

"Lindsay has also started investigating getting acting work in London," the source added.

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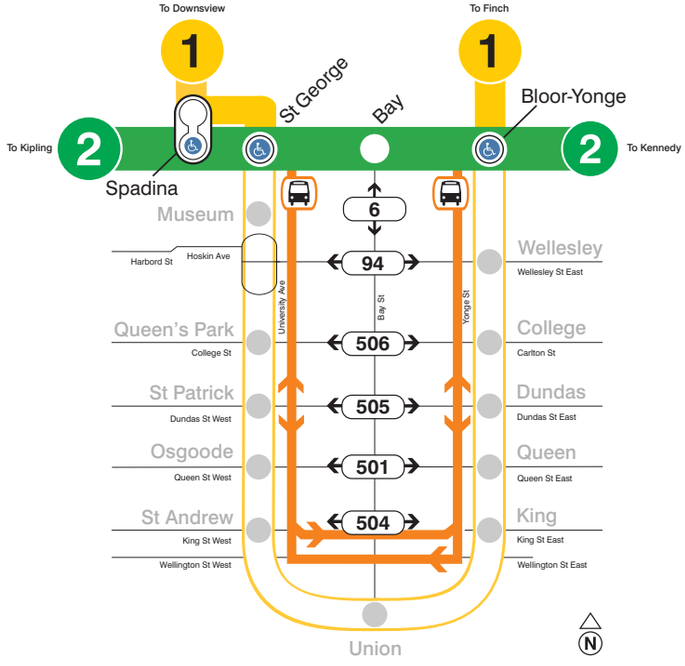

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TORONTO TRANSIT COMMISSION

LIFE 3

Stop picking your own pocket

Who's plundering your plenty? The top nine suspects live very close to home

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Keep tabs on small indulgences like workday coffees, which can quickly add up. ISTOCK

Ever look at your bank account balance, or in your wallet, and think to yourself, "Damn, where'd the money go? I was robbed!" Want to know who the primary culprits are? Here's a list of the usual suspects:

1. Gym memberships: Remember that New Year's Resolution you made six months ago to get fit? You bought the outfit. You bought the shoes. You bought the gym membership. Six months later, they're still taking that money out of your bank account every month, but you haven't seen the inside of the gym in weeks. Hey, you don't have to spend that money to get healthy. Find a way to work out for free and get your bank balance healthy, too.

2. Cable: It's not unusual for folks to drop $100 a month or more on cable every month. Cut back or cut off your TV habit completely and watch the money pile up in your emergency fund instead. (By the way, I don't have cable; it's not worth the money or my time!)

3. Small indulgences: The cup of coffee on the way into work, the magazine you pick up randomly, a lip balm here, and screwdriver there ... it all adds up. For the next week, make a list of all the indulgences you buy as you move about your life. From the pack of gum to the movie rental, it goes on the list. Add it up. As long as you know where your money is going, you won't feel robbed. If you don't like where your money is going, change something.

4. ATM fees: Are you still hitting up the ATM every time you need $20? Give your head a shake. If you're pit-stopping to get cash, and paying a pretty penny for the privilege, you need to stop wasting money. Banks are happy to take your money if you walk into their stores and empty your pockets! Figure out a budget and with each paycheque you deposit, take enough cash to last you until your next pay. If you run out in between, too bad! Search your couch cushions for change. If you *have* to lay your hands on cash, do it at the grocery store as a cash-back so you won't pay a fee.

5. Brand-name anything: Are you such a fancy-pants that you're willing to pay heaps of money so you can show off a brand? From scotch to shoes, people love their brands. But if your brand-name shopping is getting in the way of your goals (debt freedom, an emergency fund, retirement savings, or whatever else you're working toward), it's time to re-evaluate those brands' importance to your life. Sure, some brands come with a sense of value attached. But there are a lot of times when the less expensive generic option will do just fine.

6. Bad habits: Are you still smoking? Seriously? 'Cause you don't know it's bad for you? Or because you've got so much money it's fine to send some up in smoke? See those lottery tickets you buy religiously each week? Do you know you are more likely to be struck by lightning than win a lottery? Or how about that beer, wine or vodka habit you've built up. I know a woman who was spending $600 a month on Grey Goose even as she complained about how little money she had. If you're missing money, your bad habit may be the major culprit.

7. Your car: Have you added up what you're paying for insurance, maintenance, gas and car payments? If it adds up to more than 15 per cent of your take-home pay, your car is your highway robber. If you must have a car for work, then you'll have to cut back elsewhere so your budget balances. But if your car is an indulgence, time to buy a bike.

8. Your cellphone plan: Behind on your cellphone bill? Shocked when you open the envelope and look at your balance? Cellphones — particularly smart ones — can steal your money faster than just about anything else. If you're not on a plan, get on one so you're very aware of what you're spending, or a plan that covers "everything" that you work into your budget. Stick to the plan.

9. Your home: Housing costs may not seem to be something that's within your control, but that's a perception. Unless you're prepared to be house-poor, don't spend more than 35 per cent of your take-home pay on the roof over your head. And watch for all those other costs that creep in: those beautiful towels you just have to have; new dishes, candles, and whatever else you buy in the name of making a comfy home.

If you're determined to make your money work as hard as you do, it's time to become aware of the thieves who rustle your bank account and wallet. How many of these suspects are on your most wanted list?

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Online encyclopedia health info, you are the Wiki-est link, study says

At the first signs of illness, many of us don't hesitate to look up our symptoms and corresponding conditions on Wikipedia. But according to a study published in the Journal of the American Osteopathic Association, the vast majority of health-related pages on the open online encyclopedia are laden with errors.

Carried out by a group of 18 doctors with various affiliations across the U.S., the study identified the 10 most costly conditions in the country. The Wikipedia entry on each of these conditions was then scoured line by line and compared to trusted, peer-reviewed sources of medical information.

High error rate

9 in 10

Study results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles.

And the results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles. Coronary artery disease, lung cancer, osteoarthritis, hypertension, diabetes, back pain ... The only exception to the rule was the article on trauma-related disorders, which was accurate at the time of review, according to the experts, although errors could of course be added at any time.

Down-at-heal doctoring

47-70%

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference.

These conclusions underscore the necessity of double-checking information found on Wikipedia, which allows anyone to add to, and modify, entries.

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference. AFP

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For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

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During the warmer months, I love a healthy pasta salad that can be served at room temperature.

I also want to be able to add lean protein and some veggies so I can have go-to food when I want a complete delicious, nutritious and satisfying meal.

This Hoisin Penne Salad with Edamame, Shrimp and Mango fits the bill!

One hundred per cent whole wheat pasta has to be one of the healthiest complex carbohydrates you can eat since it contains fibre, which keeps you full for longer periods. It also keeps your blood sugars level, which can help prevent obesity and type 2 diabetes, as well as colon cancer and heart attacks.

The key to cooking whole wheat pasta is to not overcook, or the pasta will become too soft.

This main course has all the nutrients you need in a meal. The whole grains take care of fibre, shrimp and edamame serve as the protein and an outstanding hoisin dressing made with plain Greek yogurt rounds it all out.

Feel free to substitute the shrimp for any other protein such as chicken, beef or tofu

This pasta salad can be served the next day since the pasta doesn't absorb the dressing, so it won't become dry.

Ingredients

- 8 oz penne whole wheat pasta (such as Catelli Healthy Harvest)
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 1/2 cup sliced red bell pepper
- 1 cup edamame beans
- 3/4 cup diced mango
- 8 large shrimp

Hoisin sauce

- 3 tbsp hoisin sauce
- 2 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp minced garlic
- 1/2 tsp minced ginger
- 3/4 tsp Sriracha (add to taste)
- 3 tbsp plain Greek yogurt

Garnish

- 2 tsp toasted sesame seeds
- 1/4 cup chopped cilantro

This recipe serves four. ROSE REISMAN

Directions

1. Cook pasta until tender to the bite. Drain, rinse with cold water and place in serving bowl.

2. In a large skillet sprayed with vegetable oil, add oil and onion and sauté on medium heat for 10 minutes, then add bell peppers and sauté for 5 minutes. Add the edamame and sauté for 2 minutes. Let cool. Add mango and add mix to pasta.

3. In skillet sprayed with vegetable oil, cook shrimp until no longer pink. Add to pasta.

4. Sauce: In small bowl, combine hoisin, soy, vinegar, sesame oil, garlic, ginger, Sriracha and Greek yogurt until smooth. Add to pasta and serve garnished with sesame seeds and cilantro.

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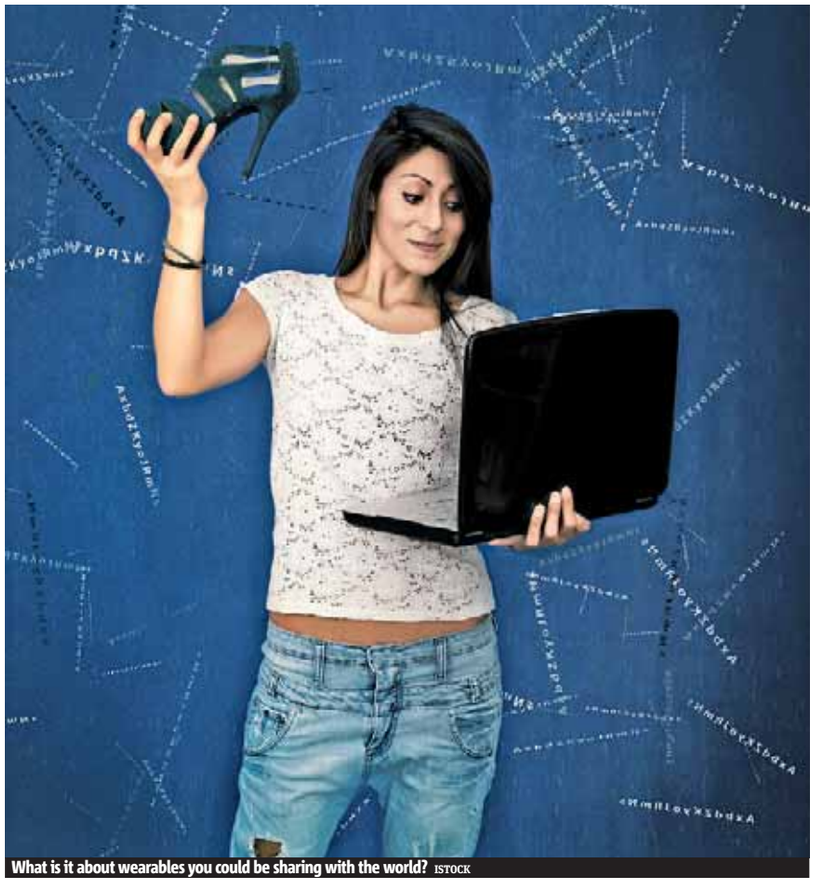
What is it about wearables you could be sharing with the world? ISTOCK

There's no blogging major at the Fashion Institute of Technology, but some of the college's students are building their future through their web presence instead of through the career office.

Freddy Rodriguez, who just graduated on Thursday, started his blog Blue Perk three years ago during the summer after his freshman year. At first, Rodriguez's blog was just a fun way for him to show off his stylish outfits, but in February 2013, he saw his readership explode after Tumblr featured him as a Fashion Week blogger. "I had press from Fashionista and Mashable and that's how I got a lot of presence and gained momentum," he said.

Rodriguez, 22, has had a wild ride thanks to his blog, which includes working on a special project with Billy Reid and taking trips as far as Thailand.

Rodriguez started making money from the blog one year ago. "I had some friends doing it full-time and realized that as long as I market myself accordingly and grow at the same rate, I could do it professionally," he explained.

Now, Rodriguez makes money from writing sponsored blog posts for brands like Kenneth Cole or Ted Baker and working on social media side projects, including his job as a community manager for Details.

His collective income is comparable to that of a fashion assistant and his savings will allow him to move to Europe, where he will travel and attempt to expand his brand.

"There is money out there," he said. "Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."

Tumblr featured Rodriguez again last fall as one of 20 Fashion Week "all-star" bloggers, along with two fellow F.I.T. students, Nicole Loher and Ryan Charchian.

Loher, who also graduated on Thursday, started her blog NicoleLoher.com in high school. "I had one of the first fashion Tumblrs and the people at headquarters took note," she said. Just as Loher was starting college in 2010, Tumblr sent her to Fashion Week as an editor.

Soon, Loher, 21, realized her blog could be more than a hobby.

"After my first year of college, I realized it was a career choice for some, and that it was profitable," she said. Today, Loher works at Nanette Lepore in social media and branding; she also earns money from her blog and side gigs like modelling for Gant Rugger Womenswear.

She said blogging has been more valuable to her career than her classes have been. "I learned most of it on my own," she said. "You can look at the textbook version, but you won't really understand it until it's applied. Blogging has given me that — I've learned to negotiate my own contract and pricing and that's definitely something you cannot learn in a textbook."

Charchian, 20, is still a student, but the blogger behind Fashionisto Diaries already has a manager.

Charchian credits his start in Washington, D.C., where the fashion blog scene was not as crowded as the one in New York, as an advantage; even as a high school student, he received invitations to fashion events around the city. F.I.T. seemed like a natural fit when he applied to college and Charchian has been taking advantage of life in New York City by taking on various internships at Vince and now at Tumblr.

"The things I'm passionate about I take 110 per cent," he said. "I will admit there were times I could be so much more studious, but I love my blog and I love what I do."

Make it work!

Ryan Charchian interviewed Tim Gunn for his blog when he was just 15, and he has been on the up and up ever since

- Charchian has more than 60,000 followers on his blog and is now foraying into the world of vlogging (video blogging). He's also still friends with Tim Gunn.
- "We went to his apartment and shot his closet and I was one of the first press people to see his closet, which was the most stunning and organized thing I've ever seen in my life," he gushed of his mentor.

Cash in on your computer

"There is money out there. Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."
Freddy Rodriguez
Author of blog, Blue Perk

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'Round the world wisdom

Are your thoughts helping or hindering you?

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

The contents of your cranium may be causing you trouble. Try recording your thoughts in order to evaluate the weight they hold in your life. ISTOCK

What's in our head when facing a big challenge? In the Gobi desert, I ran the first four marathons without much of a care. On the fifth day, a double marathon, I spent 10 hours with myself, questioning my capabilities.

The more my inner judge examined my weaknesses and doubted my abilities, the slower I ran. The self-fulfilling prophecy was realized and I learned a lesson that day: Were I to run an ultra-marathon again, I now knew I had the physical ability to thrive, but I needed to retune my inner voice. One year later, I signed up for the Sahara Race and went to work.

I wanted to alter my mental storytelling when things didn't go the way I wanted them to, and my plan was simple: As soon as a thought entered my mind, I would record it immediately in my phone while I ran in training.

I would also pay attention to my speed. Afterwards, I would listen to the conversations with a coach, dissecting each one and then correlating them to the speed at which I ran.

The reward of the record

I wanted to alter my mental storytelling when things didn't go the way I wanted them to, and my plan was simple: As soon as a thought entered my mind, I would record it immediately in my phone while I ran in training.

There was a mash-up of feelings, such as "I'm hurting," or "I'm bored," interrupted periodically with unfocused thoughts such as "I wonder what I'll have for breakfast."

As my coach and I listened to the recordings and cracked up at the ridiculousness of my running commentary, I rapidly came to understand that while my brain was firing off thoughts on the run, I was no longer fully in the moment. It was as if my thoughts consumed energy, depleting me and resulting in a slower running time than I was capable of.

I also discovered that we can tell ourselves incredibly disempowering, and at times even hurtful things, as opposed to uplifting ones.

In the end, the sheer act of voicing my inner thoughts to the recorder started to interrupt these thoughts. The recordings would in time deaden the voice.

It doesn't matter what hurdles we face — you can count on being hijacked by your feelings. Odds are, if you notice and record them, they will disappear, allowing you to replace them with thoughts that will help you reach your goals faster.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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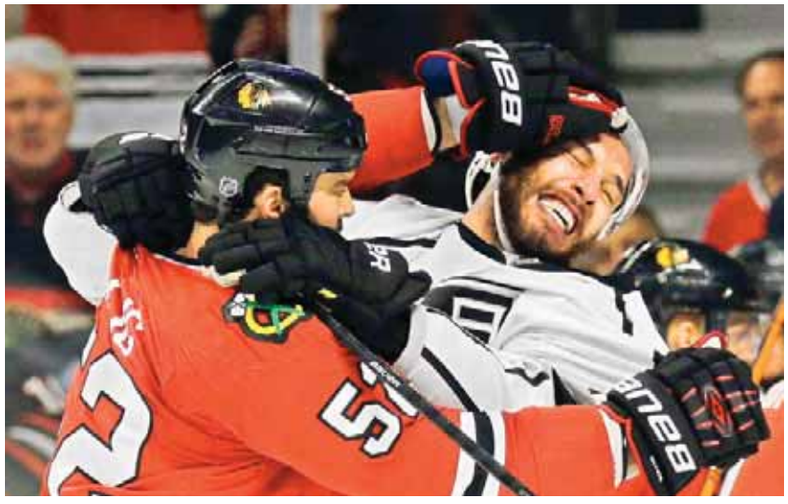

All or nothing for Kings, Blackhawks

The Blackhawks' Brandon Bollig, left, and the Kings' Dwight King jostle during Game 7 of the Western Conference final on Sunday in Chicago. The defending champion Blackhawks were looking to keep their repeat title hopes alive while the Kings were hoping to advance to the Stanley Cup final for the second time in three years. Go to metronews.ca to see who won the Western Conference and earned the right to play the New York Rangers for a championship.

NAM Y. HUH/THE ASSOCIATED PRESS

Jays' play with glove scores Buehrle's love

MLB. Veteran lefty earns league-leading 10th win in shutout of Royals

Starting pitcher Mark Buehrle became the majors' first 10-game winner following the Blue Jays' 4-0 victory over the Royals at Rogers Centre on Sunday. VINCE TALOTTA/TORSTAR NEWS SERVICE

Mark Buehrle is putting his faith in the fielding of his Toronto Blue Jays teammates and it's paying off.

"I need defence behind me," Buehrle said. "It's a key. I don't strike out many guys so the ball is put in play."

The results showed again for the Blue Jays' soft-throwing left-hander who became the first 10-game winner in the major leagues on Sunday in Toronto's 4-0 victory over the Kansas City Royals.

By working quickly and efficiently, Buehrle pitched eight strong innings and was supported by home runs from Dioner Navarro and Edwin Encarnacion as well as some solid defence. The game was played in a brisk two hours 14 minutes.

"It's not luck," Blue Jays right-fielder Jose Bautista said. "He's pitching great, throwing strikes, keeping people off balance and allowing us a chance to play defence behind him. It's no surprise that every time he pitches there are plenty of good defensive plays made. He keeps everybody engaged in the game because he works quick. It's been awesome to play behind him this year."

Buehrle (10-1) held the Royals to six hits and one walk while striking out three to win his sixth straight decision.

"I don't know if it's one of those things where working fast keeps them on their toes and ready to field stuff," Buehrle said. "I don't know if that is the key to it. Again I just try to get the ball and throw it and I know the guys like to play behind you when it's a quick game. I need those guys all over the place when I'm pitching." THE CANADIAN PRESS

CFL

Leg injury forces Kackert to retire

Head coach Scott Milanovich will have to look for another big-play threat coming out of the Toronto Argonauts backfield this season.

Veteran halfback Chad Kackert retired Sunday, the opening day of the team's training camp. The five-foot-eight, 206-pound Kackert led Toronto to victory in the Grey Cup in 2012 but has been slow recovering from a broken left leg suffered prior to last year's East final.

Kackert, 27, will remain with the Argos as their strength-and-conditioning coach. He'll also continue working to rehab his leg and hasn't completely closed the door on resuming his pro career.

"Never say never," he said. "I just don't feel like I'm anywhere close to being ready to play football, it's an issue of range of motion, to be specific."

THE CANADIAN PRESS

World Cup 2022

Qatar organizers deny corruption

Organizers of the 2022 World Cup in Qatar have denied fresh allegations of wrongdoing after a British newspaper report questioned the integrity of choosing the emirate as tournament host.

The Sunday Times said a "senior FIFA insider" had provided "hundreds of millions of emails, accounts and other documents" detailing payments totalling $5 million that Qatari official Mohamed bin Hammam allegedly gave football officials to build support for the bid. THE ASSOCIATED PRESS

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A sequel between near-equals

NBA playoffs. Spurs get chance to get even against Heat in championship rematch

Over the last 10 seasons, only one NBA player has been part of more wins than LeBron James.

His name is Tim Duncan.

Their numbers over that decade are incredibly similar. Duncan has appeared in 622 regular-season and playoff victories, James has played in 621. Duncan is shooting 50.2 per cent from the field, James is shooting 50 per cent. Duncan has won two championships with San Antonio during this 10-season stretch, James has two with Miami.

Plus, when facing each other in the NBA Finals, both has won one, lost one.

Here comes the tiebreaker — a Finals rematch of high expectations.

Miami and San Antonio are the last teams standing for the second consecutive year, their next chapter starting on the Spurs' home floor Thursday night. The Heat won a wild series last season for their second straight title, needing a frantic rally to avoid elimination in Game 6 and then riding the strength of a 37-point, 12-rebound effort from James to top the Spurs in Game 7.

"I think our guys, they actually grew from the loss last year," Spurs coach Gregg Popovich said. "I call it fortitude. I think they showed an unbelievable amount of fortitude. If I can compliment my own team humbly, to have that tough loss, especially the Game 6 and not have a pity party and come back this year and get back to the same position, I think that's fortitude."

It's the league's first finals rematch since Chicago and Utah played in 1997 and 1998.

It's almost like the Spurs wanted to feel the hurt from last season's loss at times. Popovich showed the Spurs clips of Games 6 and 7 early in training camp this season to speed up the healing process.

"We were just trying to put it away, just get over that part of it, learn from it, and move forward from there," said Duncan, a champion in 1999, 2003, 2005 and 2007.

Move forward, they did.

San Antonio won 62 games in the regular season, the best record in the league. One of those wins was a 24-point romp over Miami, on the same floor where this series will start on Thursday.

The Heat know what wanting revenge feels like. They lost the 2011 finals to Dallas, then opened the next season on the Mavs' floor and simply blew them away.

Heat forward Chris Bosh called it "extra motivation" for the Spurs.

"It's just something that we have to deal with, and we know that they're going to be very passionate, and they're going to play some good basketball," Bosh said. "So whoever we play, we just have to continue to keep our approach the same and play good basketball."

East meets West

"The two best teams will meet. We're just happy and excited that we're one of the best."

Heat guard Dwyane Wade

LeBron James and Tim Duncan have led their teams all the way back to the championship series for a second season in a row, setting up the first NBA Finals rematch since 1997-98. MIKE EHRMANN/GETTY IMAGES

So for the next few days, the highlights of last year's finals will be played over and over again.

The shot by Tony Parker to win Game 1 in Miami for the Spurs. James' twirl-on-the-rim dunk as the Heat pulled away in Game 2. Spurs guard Danny Green's finals-record three-point display. Ray Allen's shot that saved Miami's season in Game 6. The yellow rope, the precursor to a Spurs celebration that never happened.

All made for an epic series.

The encore could be even better. THE ASSOCIATED PRESS

Bouchard, Raonic enter rarefied air in France

Montreal's Eugenie Bouchard beat Germany's Angelique Kerber on Sunday to reach the French Open quarter-finals. MICHEL EULER/THE ASSOCIATED PRESS

Milos Raonic and Eugenie Bouchard made history for Canada on Sunday as both powered into the quarter-finals of the French Open.

Eighth-seeded Raonic, from Thornhill dispatched Spain's Marcel Granollers 6-3, 6-3, 6-3, while Bouchard cruised past Germany's Angelique Kerber 6-1, 6-2.

"I'm not surprised to make my first Grand Slam quarter-final but I would not have thought I would have done it first here on clay," said Raonic. "I've always felt I could play well on clay."

Sharapova storms back

It's unlikely for a player to go from mediocre to nearly perfect in the middle of a match, yet that's what Maria Sharapova did in the French Open's fourth round.

- Shouting and shaking her fists after plenty of points, the 2012 champ reeled off the last nine games to beat Samantha Stosur 3-6, 6-4, 6-0 Sunday and reach the quarters. THE ASSOCIATED PRESS

Raonic will be the first Canadian man to play a Grand Slam quarter-final since Mike Belkin at the 1968 Australia Championships, which was renamed the Australian Open the following year. He is also the fourth Canadian man in history to reach the last eight at a major.

Bouchard is the first Canadian woman to make the quarter-finals in Paris since Helen Kelesi did it in 1989.

Raonic will face second seed Novak Djokovic, a winner over France's Jo-Wilfried Tsonga 6-1, 6-4, 6-1.

Earlier, Bouchard needed 52 minutes to defeat Kerber. She'll face Spain's Carla Suarez Navarro in the quarter-finals.

"I'm confident and I really believe in my skills. I believe I can play with the best girls out there," said Bouchard. "She's top 10, so I respect her. She can play some really good tennis. I was really mentally prepared for anything, for a battle."

THE CANADIAN PRESS

Golf

Matsuyama wins first American event at Memorial

Japanese star Hideki Matsuyama made birdie on the final hole Sunday at the Memorial in Dublin, Ohio, and then won with a par in the playoff for his first American victory.

THE ASSOCIATED PRESS

World Cup tune-up

France settles for draw vs. Paraguay

Winger Antoine Griezmann staked his claim for a World Cup starting spot with his first international goal for France, only for Victor Caceres to do likewise and earn Paraguay a 1-1 draw in the 89th-minute on Sunday. THE ASSOCIATED PRESS

Scramble in Brazil

Final test event not without hiccups

There were no big problems inside or outside Itaquerao stadium in Sao Paulo in the final test event before the World Cup but some fans complained of difficulty accessing the venue due to traffic and lack of adequate instructions by local authorities. THE ASSOCIATED PRESS

Giro d'Italia

Quintana makes statement in Italy

Nairo Quintana showed why he's considered cycling's next star by winning the Giro d'Italia on Sunday. The 24-year-old finished with a 2-minute-58-second advantage over fellow Colombian Rigoberto Uran for his first Grand Tour victory.

THE ASSOCIATED PRESS

Nairo Quintana celebrates Sunday in Trieste, Italy. MARCO ALPOZZI/THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Listen to what friends and relatives tell you but don't think you have to follow their advice. Deep down you already know what needs to be done, so why not just pluck up the courage and get on and do it?

♉ Taurus
April 21 - May 21
Be careful when dealing with people today, especially if money is involved. Anything that sounds too good to be true likely is, so don't let enthusiasm, or greed, get the better of you.

♊ Gemini
May 22 - June 21
Keep your thoughts to yourself over the next 24 hours. It won't be easy but the planets warn if you speak too freely it could rebound on you in ways you had not expected.

♋ Cancer
June 22 - July 23
Sometimes in life things occur for no reason, so stay calm and accept what happens today, no matter how annoying it might be. Most likely in the greater scheme of things it is of only minimal importance.

♌ Leo
July 24 - Aug. 23
A number of strange, even bizarre, things are likely to happen over the next 24 hours but none of them can do you any harm so don't take them too — or yourself — too seriously.

♍ Virgo
Aug. 24 - Sept. 23
Keep your plans to yourself today. The less others know about what you are up to the better. You don't have to be dishonest but you do have to realize there are people who don't want to see you succeed.

♎ Libra
Sept. 24 - Oct. 23
This is still one of the best times of the year for you but that does not mean you can do as you please. The planets warn you may need to take extra care today and tomorrow when dealing with travel plans.

♏ Scorpio
Oct. 24 - Nov. 22
If you are dishonest when dealing with others today they will be dishonest with you later. You don't need to tell lies or cut corners to get what you need!

♐ Sagittarius
Nov. 23 - Dec. 21
If there is something you want to sort out with a loved one, be quick about it. Mercury, planet of communication, turns retrograde on the 7th, making it much harder to make a friendly connection. Speak now.

♑ Capricorn
Dec. 22 - Jan. 20
Are you working more for others than for yourself? According to the planets you are, so let those who are taking advantage of your generous nature know that's as far as it goes. And mean it.

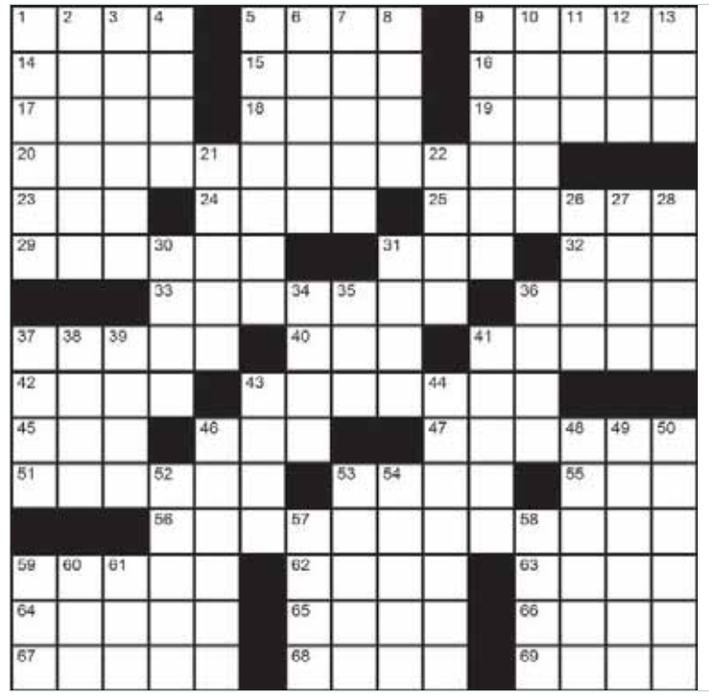
♒ Aquarius
Jan. 21 - Feb. 19
If you kid yourself into believing that certain things are true when they clearly are not it could lead to a costly mistake. If you must take a risk make sure you know all the facts.

♓ Pisces
Feb. 20 - March 20
Spell out in plain language what it is you expect of others. At home and work misunderstandings are likely today, so take your time and make sure everyone knows what they should be doing. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



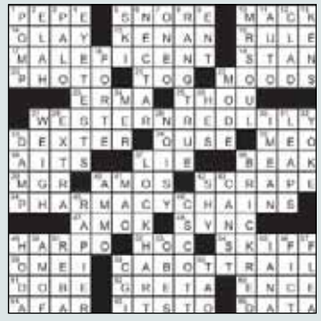
Across

1. Trade
5. Radar signal
9. The Viscount __ (Canada's first Governor General, from 1867 to 1868)
14. Painter, Guy __ du Bois
15. Ancient symbol
16. Scent
17. "..._ __ my Annabel Lee..." - Edgar Allan Poe
18. Feed the kitty
19. Wandering woofer
20. Victoria landmark known for its beautiful stained glass windows, __ Castle
23. Water wiggler
24. Too
25. Peter __ (Winnipeg actor who plays Nick Collins on the police series at #49-Down)
29. Do what the WWE does, fun-style
31. Mr. Sajak
32. Not now
33. Hybrid instruments
36. Mike's "Wayne's World" (1992) co-star
37. Bargain events
40. Tokyo, once
41. More sweet
42. Farming implement
43. Mayim Bialik's '90s sitcom
45. River inlet
46. Canadian actor Mr. Bennett
47. One of Quebec's Magdalen Islands, Havre-__
51. Piano company
53. Filmmaker, Gus Van __
55. Onetime bird
56. Fun/upbeat music genre: 3 wds.
59. __ centre
62. Boo-Boo's pal
63. Torch type
64. Beatles: "Eight Days ___"
65. Discharge
66. Beam
67. Windblown silt deposit
68. Baseball's Sammy
69. Notices

Down

1. Dish-seasoning person
2. "____ fun bunch." ...said the family booking an adventure holiday
3. Yearly records
4. Mani-__ (Beauty parlour service)
5. Movies: Mr. Cooper
6. Belonging to Rome's moon goddess
7. Something's start, shortly
8. __ pressure
9. Ace, to the Toronto Blue Jays
10. 'Straight'-meaning prefix
11. Neither's pal
12. Taylor Swift's lettered award
13. Mary __ (Cosmetics company)
21. Strong winds
22. Grannies: German
26. Clean
27. Sea eagle, variantly
28. 2014
30. Distort
31. Fors
34. Prefix to 'gram' (Message kind)
35. Brouhaha
36. Silly
37. Nimble
38. Et __ (And others, in Latin)
39. Planter's purchase
41. Jean __ (drug store chain)
43. Tell all
44. Ms. Patel, "ET Canada" Entertainment Reporter
46. Food Network Canada's "__ Day Off"
48. HRE's 'E'
49. Global's "__ Blue"
50. Easy hole-entering golf shots: 2 wds.
52. Trees: Fir, fancy-style
53. Sports replay speed: 2 wds.
54. Ancient shield
57. Farewells
58. Boardroom events, briefly
59. Pres. Coolidge
60. Pacific island, __ Jima
61. Sweater neck shape

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	8		2					
	7		3	1	8			2
					9		5	7
5			4					
7								1
					3			9
9	2		7					
8			5	9	1		6	
					6		9	3

Friday's Sudoku

5	6	1	7	9	4	2	3	8
9	4	8	6	2	3	7	1	5
7	2	3	1	5	8	9	4	6
2	8	9	3	6	7	1	5	4
3	1	5	4	8	9	6	2	7
4	7	6	2	1	5	8	9	3
1	5	4	8	7	2	3	6	9
6	3	7	9	4	1	5	8	2
8	9	2	5	3	6	4	7	1

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Thundershowers
40%

Tuesday
27°/15°
Thundershowers
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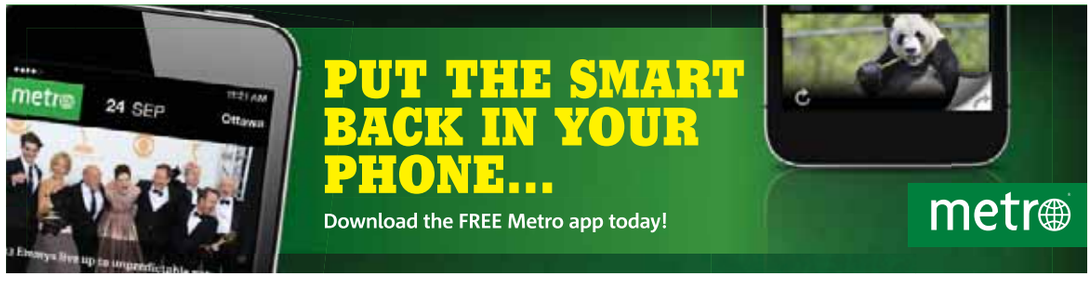

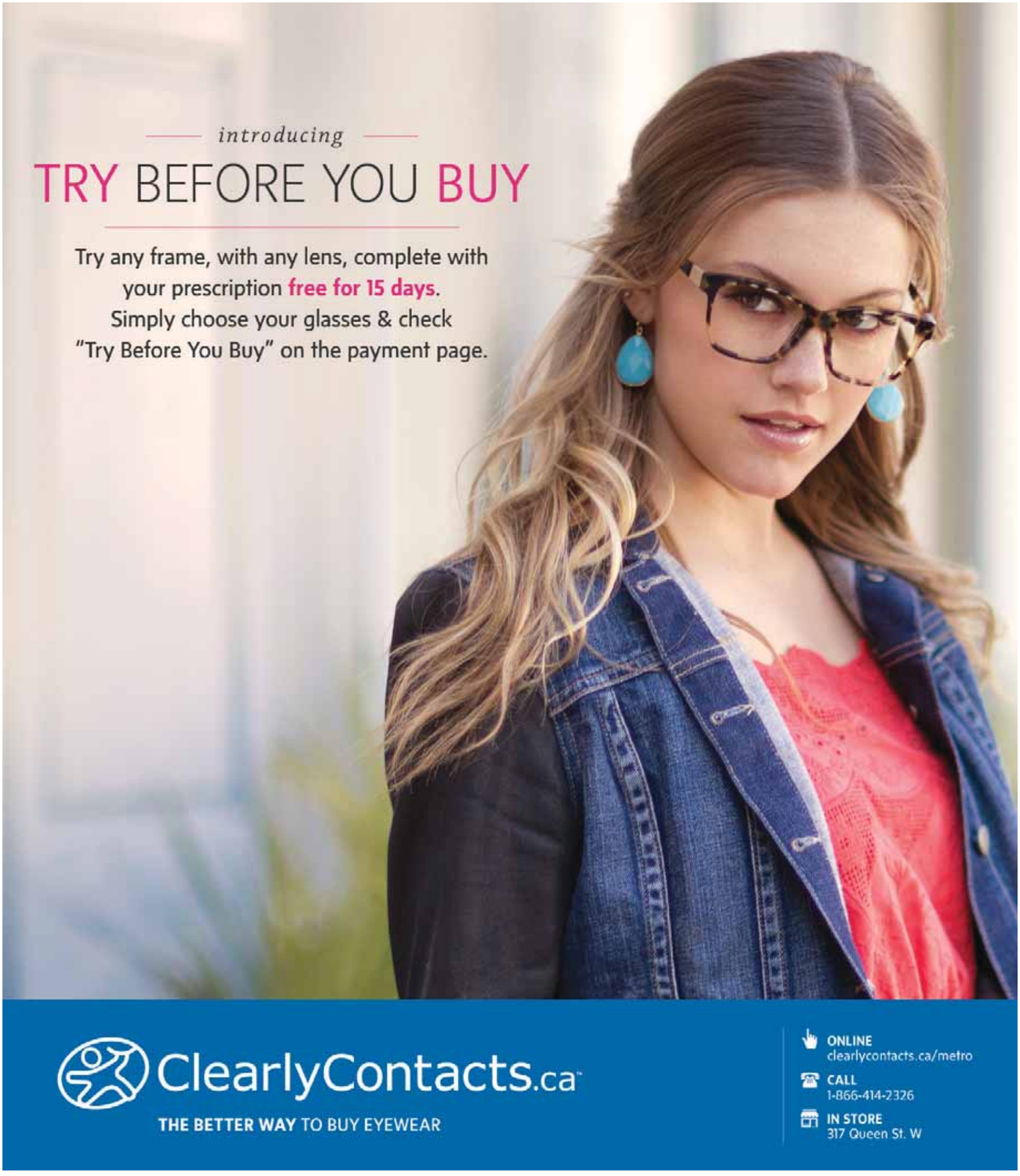
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